



YEARLY GOALS & RESOLUTIONS

Discussion Questions from talkmor.com

Key Expressions to Use

<ul style="list-style-type: none"> • I think it's important to... • In my opinion... • It's better to... because... • What about you? 	<ul style="list-style-type: none"> • That's a good idea... • I learned that... • We should... • I choose to...
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Student A	Student B
<ol style="list-style-type: none"> 1. Do you usually make New Year's resolutions? 2. What are your most important goals for this year? 3. Why do many people fail to achieve their yearly goals? 4. What is the best way to set realistic goals? 5. How do you stay motivated throughout the year? 6. Do you prefer short-term or long-term goals? 7. Have your goals changed as you've gotten older? 8. What goals do you have for your career or studies? 9. How important is it to write down your goals? 10. What would you tell someone who never achieves their goals? 	<ol style="list-style-type: none"> 1. Are New Year's resolutions useful or just a waste of time? 2. How do you measure if a goal has been successful? 3. What is one goal you are proud of achieving? 4. How can family and friends help with your goals? 5. Is it better to have many small goals or one big goal? 6. How do social media expectations affect people's goals? 7. What personal qualities help people reach their yearly goals? 8. Do you think goal-setting is more common in some cultures? 9. What goals do you have for your health and happiness? 10. How do you feel when you don't reach a goal?

Extra Follow-up Questions

<ul style="list-style-type: none"> • Why? • Tell me more... • What about you? • What about in your country? 	<ul style="list-style-type: none"> • Do you agree? • Have you ever...? • How does it make you feel? • What would you change?
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Quick Reflection (optional)

<p>After your discussion:</p> <ul style="list-style-type: none"> • One goal you want to focus on • A useful tip you learned today • How motivated you feel right now • Something positive about goal setting
